

Tuesday
 isn't so bad...
 it means you
 survived Monday!
TUESDAYS@2
 makes it even
 better!

**Every Tuesday at 2pm there's a reason
 to celebrate with food, recipes and
 nutrition information you can use
 every day!**

- Jan 5 – National Soup Month
- Jan 12 – Martin Luther King's B'day
- Jan 19 – National Popcorn Day
- Jan 26 – National Hot Tea Month
- Feb 2 – Groundhog Day
- Feb 9 – National Pizza Day
- Feb 16 – Susan B Anthony's B'day
- Feb 23 – Washington's Birthday
- Mar 2 – National Nutrition Month
- Mar 9 – International Women's Day
- Mar 16 – National Frozen Food Month
- Mar 23 – National Chip and Dip Day
- Mar 30 – National "Something on a Stick" Day



Eaters from teens to seniors are
 welcome to join these fun,
 interactive, FREE nutrition classes.

Come for one, some, or all of them!

For more information or to register:

cceschoharie-otsego.org/Tuesdays@2

or Kimberly Ferstler
 kmf239@cornell.edu
 (518) 234-4303 x 120



Cornell Cooperative Extension | Schoharie and Otsego Counties

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